



Photos by Pat Young

Hundreds of Soldiers, family members and local community members attended Aerobic-thon 2007, which featured nutrition and health counseling, t-shirt and accessories giveaways and 10 dynamic workout classes Saturday at Fort Stewart's Newman Fitness Center.

One, two, three and kick ...

Aerobic-thon helps Stewart 'start year off right'

Pat Young
Frontline Staff

Hundreds of community members gathered at Newman Gym for Aerobic-thon 2007, the Directorate of Morale, Welfare and Recreation's annual event designed to pump up fitness enthusiasm at Fort Stewart and Hunter Army Airfield.

The sweat was pouring as Jake Battle, the DMWR fitness coordinator and his fellow instructors led health enthusiasts in 10 power-packed cardio workouts that started at 9 a.m. and continued into the afternoon.

"Today we're having Aerobic-thon 2007," Battle said. "What were trying to do is get the community an introduction to exercise, aerobic exercise in particular."

Battle said by doing aerobics people increase their overall

endurance and muscular strength, while reducing stress.

"There are a lot of benefits to working with aerobics," Battle said. "It's not the cure-all pill, but it's the closest thing to it."

The classes warmed up with Caffeine Cardio early in the morning, and continued throughout the day with Don't Step on My Funk; Jalapeno Steps; Butts Kicking; Kicking the Devil Outta You; The 70's a Go-Go; Hip-hop Style; Down to the Core; Power Pilates and more.

The goal of the event was to start the New Year off by reinforcing community members' commitment to fitness while highlighting activities available through the MWR system.

The event brought community members together with aerobics instructors, fitness specialists and nutritionists.

Participants were given the

opportunity to get information as well as burn calories.

"I'm getting a great workout, even though I just started and don't do it a lot," said Nancy Heap, Co. E, 703rd Forward Support Battalion. "This makes it really fun to work out. It pumps you up."

Heap said she feels more inspired to start going because she gets to work out with others and it keeps her going.

She said the event increased her interest in participating in similar activities.

Representatives were on-hand from Winn Army Community Hospital and local businesses to provide guidance and advice on general health and fitness issues.

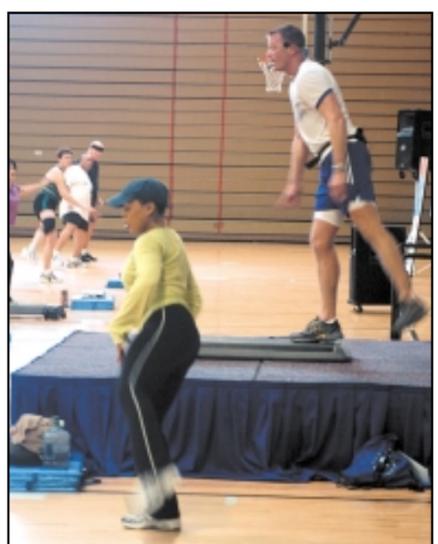
"We wanted to give out information on calcium, a healthy diet as well as general guidelines for eating the right amounts of

the proper foods like fruits and grains," said Deborah Crespo, a nutritionist with a local business in Hinesville. "Physical activity is very important to weight management. Events like this encourage people to get out and stay fit so they can stay healthy."

Participants who enjoyed the event have the opportunity to continue the programs with DMWR's aerobics and pilates programs.

Two regular classes are held at 9 a.m. and 4:30 p.m. Monday through Friday and one at 9 a.m. on Saturday. The classes consist of steps, cardio, kick-boxing, body sculpting, and abs-training.

Instructor Bennie White leads a class in Pilates 6-7 p.m. Monday, Wednesday and Friday at Club Stewart.



Aerobics instructors Clint Brogdon and Karen Branson lead community members through several classes at Aerobic-thon 2007 Saturday at Newman Fitness Center.

MPs, bike rodeo round up youth for safety education

Pat Young
Frontline Staff

Children from around the Fort Stewart community corralled

their bicycles at Brittin Elementary Jan. 13 for a bicycle rodeo put on by the Directorate of Emergency Services, housing mayors and the Directorate of

Public Works.

The children were given an opportunity to learn bicycle safety and provided a chance to win one of two bicycles, bicycle hel-

rets or other accessories.

Safety experts were on-hand to help register bicycles and provide quality training to children in a safe environment.

"They not only learn safety but enhance their skills of actually riding a bicycle," said George Rhea, Deputy Chief for Fort Stewart Emergency Medical Services.

Brittin Elementary provided the facilities for indoor and outdoor classrooms. Large areas were quartered off with traffic cones.

Rhea said the first activity at the rodeo was registering bicycles, so if a child's bike was misplaced, stolen or lost, it could be tracked.

After registration, the children were given a class on bicycle safety, rules and regulations.

"Once they get through the written class, they go through a quick safety inspection of their bicycle — just to make sure it's safe to operate," Rhea said. "They then go through the riding skills portion of the event."

Children enthusiastically lined up to learn and demonstrate their skills in navigating the course

which included steering, balancing, braking and riding in a circle. The course culminated with a favorite — weaving through traffic cones.

"These classes are important, said Becky Ponton, mayor of Southern Oaks. "This program is designed to teach children safety procedures like different hand signals. It also explains why it's important to wear a helmet."

The rodeo did more than offer classes in safety and stress helmet use.

McGruff the crime dog came out and visited with the children. In addition, the facilitators gave away stickers, safety locks, bicycle helmets and even two bicycles.

The event provided a chance for the whole family to get out, enjoy some refreshments, and share in an educational experience.

"If you don't wear a helmet and lose your balance on your bike — you can fall down and crack your head," said Zachery Kilkenney a third-grade elementary student. "It's important to be safe so you don't get hurt."

The next rodeo is scheduled for May 19.



Pat Young

Jaylen McDonald, 8, rides his bike alongside Deputy Chief George Rhea, Fort Stewart Emergency Medical Services, during the bike rodeo Saturday at Stewart's Brittin Elementary.

Gymnastics team bows to Penn State in 2007 opener

Goarmysports.com

UNIVERSITY PARK, Pa. — Seniors George Rhyndance, the reigning ECAC high bar champion, and Joe Baumann, an NCAA qualifier on vault, posted fourth-place finishes in their signature events as Army's gymnastics team took on nationally-ranked Penn State in the season debut for both Saturday evening.

The No. 14 ranked Black Knights fell 214.200-192.650 to host and No. 5 Penn State at Rec Hall.

Head coach Doug Van Everen was pleased with his team's performance.

"Even though the scores don't show it, we did a good job. We hit our routines in what I consider one of our best opening meets in quite some time."

Penn State, who took fourth at last year's NCAA Championships, captured all six individual events along with winning all-around.

Rhyndance, who turned in Army's highest score with an 8.95 on high bar, just missed sharing third place honors by .05. Baumann, who recorded an 8.65 on vault, beat teammate Mike Assenmacher by that same .05 margin to clinch fourth place.

"George (Rhyndance) just crushed his routine and Joe (Baumann) was incredible," commented Van Everen following both events.

Assenmacher finished runner-up in the all-round, compiling a 48.90 in bettering his season high last year.

He turned in his best performance on vault (8.6) along with a team best 8.45 on floor exercise.

Army (0-1) turned in its highest team score of 34.25 on high bar, while its second best showing was a 33.30 on vault, which was just over a point behind the Nittany Lions' mark.



George Rhyndance

Courtesy photo

The Black Knights, on the road for their first two meets of the season, head to Springfield Saturday before making their home debut at the West Point Open at Christl Arena on Jan. 26-27.



Courtesy photo

Josh Kassel

Kassel tagged AAA Athlete of the Week

Goarmysports.com

WEST POINT, N.Y. — After helping lead Army to a sweep of Mercyhurst this past weekend, goalie Josh Kassel was named the Army Athletic Association "Athlete of the Week" Monday morning. It marked the third time this season that he garnered the weekly honors.

The sophomore netminder turned away 32 shots, tallying double digit saves in all three periods, in Friday night's 6-3 victory over the Lakers, giving him five 30 save performances this year.

Saturday night, Kassel made 22 stops while preserving Army's 2-1 win and second straight weekend sweep of Mercyhurst at West Point. Included in the effort were several big stops during the final 40 seconds of the game when the Lakers had put an extra skater on the ice in an attempt to tie the game.

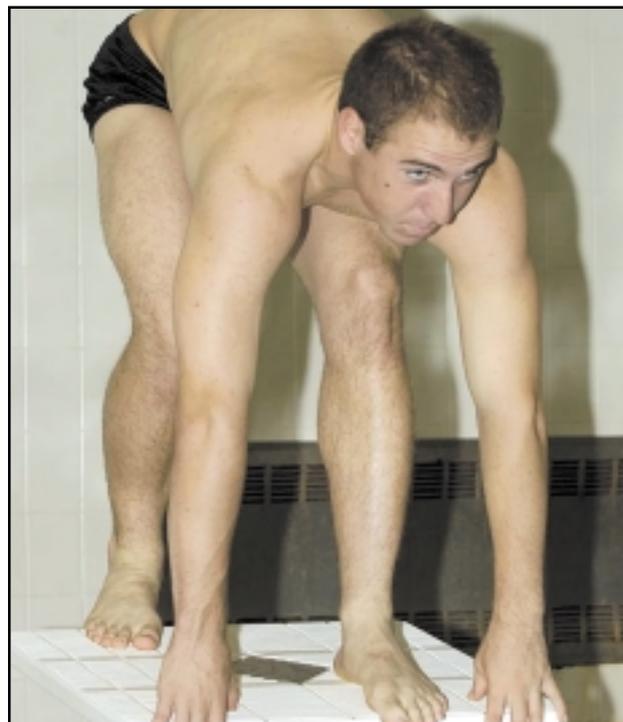
The Greensburg, Pa., native has done a stellar job between the pipes all season for the Black Knights. He owns an 11-7-2 record with a 2.38 goals against average and a .913 save percentage. Kassel's solid play between the pipes also has him ranked 26th among the nation's best goalies with a 2.50 goals against average and a .911 save percentage in NCAA contests.

Army returns to action Friday, when it travels to USAFA, Colo. to face Air Force to a crucial two-game set.

The Black Knights currently stand third in the Atlantic Hockey standings with 23 points, while the Falcons are in fourth with 21 points.

Friday's game, set for 9 p.m. ET, will mark the first conference meeting of the two service-academy rivals. Saturday's meeting will be broadcast live on CSTV at 6 p.m. MT/ 9 p.m. ET.

Men's swimming, diving defeats Bucknell, Colgate



Courtesy photo

Kyle Newman

Goarmysports.com

LEWISBURG, Pa. — Army's men's swimming and diving team defeated both Bucknell and Colgate in dual meets Saturday afternoon in Lewisburg, Pa.

The Black Knights swam past the Bison, 191-109, and defeated the Raiders, 188-100. Army improves to 6-2 overall and 4-1 in the Patriot League.

Jake Mentele, Zach Disbrow, Efri Ruthenberg and Greg Sievers were all double winners for the Black Knights.

Army also swept three of the five different freestyle events.

Mentele led the Black Knights in the 100-yard breaststroke, finishing first with a time of 57.71.

Mentele also captured first-place honors in the 200-yard breaststroke, finishing almost five seconds ahead of the field with a time of 2:04.77.

Disbrow dominated the 100-yard and 200-yard butterfly, finishing in first

place in both events.

He finished in 50.24 in the 100 and clocked a 1:52.34 in the 200.

Ruthenberg won the 50-yard freestyle in a time of 21.52 and the 100-yard freestyle, coming to the wall in 47.04.

Sievers won the one-meter dive with a combined score of 266.00, while Zach McLain was third with a composite 228.65.

Sievers also won the three-meter with 301.95 points.

Army had the Top three finishers in the 1,000-yard free.

Cary Cohan led the way in 9:50.7, while Kyle Newman was close behind in 9:53.5.

Nick Vandam rounded out the Top three with a time of 9:59.47.

The Black Knights also finished in the Top three places in the 200-yard freestyle.

Chuck Ciliske (1:44.16) touched the wall just ahead of teammate Jeff Tolbert

(1:44.96).

Mike Soderberg finished just .02 ahead of Bucknell's Dan Fletcher in a time of 1:46.54.

Army captured the top three medalists spots in the 500-yard freestyle.

Kyle Newman won the event in a time of 4:42.64.

Jeff Tolbert was second in 4:47.84, while Cary Cohen was close behind in 4:48.32.

Newman took top honors in the 400-yard IM with a time of 4:13.15.

Army's 200-yard freestyle relay team of Disbrow, Will Eggers, Mike Soderberg and Ruthenberg placed first with a time of 1:25.46.

Quentin Walsh finished second in the 200-yard backstroke clocking a time of 1:58.39.

Army returns to the pool Saturday against Lehigh in Bethlehem, Pa., with swimming events beginning at 11 a.m. and diving getting underway at 1 p.m.

Army rifle team suffers first loss of season to Kentucky

Army tied for medalist honors, shared second-place in air rifle

Goarmysports.com

WEST POINT, N.Y. — Junior Chris Abalo tied for medalist honors in smallbore and shared second-place in air rifle, but it could not prevent Army's rifle team from suffering its first defeat of the season as No. 2-ranked Kentucky's 4667-4626 win over the No. 3 Black Knights clinched the Great America Rifle Conference regular-season title for the Wildcats Sunday afternoon at Tronsrue Marksmanship Center.

Army and Kentucky were the lone two unbeaten teams in the GARC heading into today's match, which closed out the Wildcats' conference slate while Army has one remaining.

The Wildcats improved to 7-0 in the conference and 11-1 overall, while the Black Knights slipped to 6-1 and 4-1 in the GARC.

Abalo stretched his win streak in smallbore to five straight after sharing first-place honors with Kentucky's Jennifer Pason as both fired identical

584s.

The four-time Army All-American's 585 air rifle score tied with two Wildcats for runner-up honors en route to posting an 1169 aggregate.

Juniors Brian Kern and David Amiot joined Abalo on the four-man firing unit in both disciplines.

Kern recorded the fifth highest score in smallbore (580), four off the winning total, along with a 579 mark in air rifle.

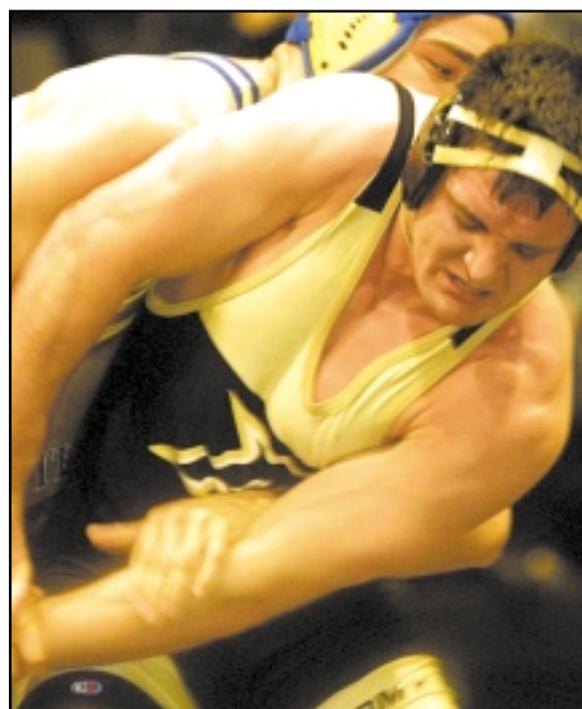
Amiot registered a 568 smallbore along with a 582 air rifle, tying with teammate Wesley Hess in the latter to round out Army's squad that combined for a 2328.

Senior Mike Jablonski's 566 tally in smallbore helped Army to a 2298 composite in that discipline.

Junior Matthew Hamilton (575) and senior team captain John Fiddes (573), shooting independently in smallbore, turned in Army's third and fourth highest scores, respectively.

Though disappointed with his team's performance in opening the winter half of its 2006-07 slate, head coach Ron Wigger is hopeful his squad will bounce back in future matches.

Army blanks Merchant Marine, 41-0



Courtesy photo

Conner Sanders

Scott Ferguson produced an 18-2 technical verdict against Eric Rohan in the 184-pound bout, Conner Sanders edged Eric Vincent, 8-6, at 197 pounds and Michael Sprigg eased past John Brunetti, 10-4, in the heavyweight bout.

Army head coach Chuck Barbee was pleased with the day's results.

"It was good to come out and get two wins today," Barbee remarked "The guys wrestled hard against a couple of tough opponents."

Army returns to action Jan. 18-20, when the Black Knights travel to Buffalo, N.Y., to compete at the New York State Championships.

Goarmysports.com

PISCATAWAY, N.J. — All 10 Army wrestlers earned victories as the Black Knights rolled over Merchant Marine, 41-0, Sunday afternoon, capping a 2-0 day. Army now stands at 7-3 on the season.

Whitt Dunning began Army's onslaught with a 2-0 decision versus Philip Greene at 125 pounds. William Simpson followed with a 16-0 technical fall victory over Anthony Day in the 133-pound bout.

Matthew Kyler pinned A.J. Melton in 1:00 at 141 pounds, and Brian Rowan secured a 17-2 technical fall verdict opposite Seth Ching at 149 pounds as the Black Knights opened with a 19-0 lead after four bouts.

Christian Snook picked up a 6-1 decision against Danridge Glitz at 157 pounds, Ed Gibbons took a 12-1 major decision from Trevor Muhler at 165 pounds and Brent Smith forged an 11-3 major decision versus Troy McGuinness at 174 pounds.